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Thunderbirds release 2005 show schedule

NELLIS AIR FORCE BASE, Nev. — The U.S. Air Force Air Demonstration Squadron, "Thunderbirds," goes back on the road this month, with 70 public shows in 29 states, Canada and Central America.

An Air Combat Command unit,
by Staff Sgt. Chris Gish

the squadron's home is Nellis Air Force Base, Nev. The squadron has eight pilots (including six demonstration pilots), four support officers, four civilians and about 120 enlisted people performing in more than 29 Air Force specialties.

The pilots perform a mix of formation

flying and solo routines — approximately 40 maneuvers in a demonstration. The entire show, including ground and air, runs about one hour. The air show season lasts from March to November, with the winter months used to train new members.



March

19-20 Luke AFB, Ariz.

April

2-3 Davis Monthan AFB, Ariz.
9-10 MacDill AFB, Fla.
16 Laughlin AFB, Texas
17 Holloman AFB, N.M.
23 Shaw AFB, S.C.
24 Patrick AFB, Fla.
30 Fort Lauderdale, Fla.

May

1 Fort Lauderdale, Fla.
7-8 Rochester, N.Y.
14-15 Langley AFB, Va.
20-22 Andrews AFB, Md.
28-29 Wantagh, N.Y.

June

1 Air Force Academy, Colo.
4 Peterson AFB, Colo.
5 Malmstrom AFB, Mont.
11-12 Smyrna, Tenn.
18-19 Lacrosse, Wis.
25-26 Davenport, Iowa

July

2 Tinker AFB, Okla.
3-4 Battle Creek, Mich.
9-10 Pittsburgh, Pa.
16-17 Dayton, Ohio
23-24 Terre Haute, Ind.
27 Cheyenne, Wyo.
30-31 McChord AFB, Wash.

August

13-14 Abbotsford, Canada
20-21 Chicago, Ill.
27-28 Westfield, Mass.
30-31 Atlantic City, N.J.

September

3-5 Cleveland, Ohio
10-11 Portland, Ore.
16-17 Reno, Nev.
18 Mountain Home AFB, Idaho
24-25 Fort Worth, Texas

October

1-2 Salinas, Calif.
8-9 Little Rock AFB, Ark.
15-16 Travis AFB, Calif.
22-23 Naval Air Station JRB, New Orleans, La.
26 La Aurora, Guatemala
29-30 Ilopango AFB, San Salvador

November

2 Acapulco, Mexico
5-6 Randolph Air Force Base, Texas
12-13 Nellis Air Force Base, Nev.

Supplement off limits

WASHINGTON — Airmen who take androstenedione to increase muscle mass now have to ditch the supplement and just do extra reps at the gym.

A new law classifies androstenedione as a schedule III controlled substance, which is defined by the government as having a potential for abuse. The drug, commonly called "andro," is used to help build mass, said Col. (Dr.) Vincent F. Carr, the Air Force's chief consultant for internal medicine services.

According to Dr. Carr, once ingested, androstenedione is converted to testosterone. For the drug to create muscle mass, a user must take it in an amount that also causes side effects that are damaging to a person's health.

"If you take large amounts of androstenedione over a long period of time, you have the potential to develop liver disease, liver failure, heart disease, kidney disease and an acceleration of hardening of the arteries," Dr. Carr said. "For ladies, it may block some of the female hormones, so they may experience symptoms such as male pattern baldness."

Because androstenedione creates artificial levels of testosterone in the body, natural production of the hormone may be reduced. According to Dr. Carr, this may cause men to experience a decrease in testicular size and reduced sperm count, and women may see a reduction in breast size.

The drug may also have psychological effects, including aggressive behavior that could affect the work environment.

Use, possession or distribution of androstenedione will be a violation of the Uniform Code of Military Justice.

Staff Sgt. C. Todd Lopez
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